

What is claimed is:

1. A terminal comprising:

means for determining whether a received signal is a download start

5 control signal;

means for changing a state of the terminal to a download state if the received signal is the download start control signal;

means for transmitting a state switching notification signal to a sender of said download start control signal if the state of the terminal is

10 changed to the download state; and

means for downloading one of software and data after transmitting said state switching notification signal.

2. The terminal according to claim 1, wherein

15 each of said download start control signal and said state switching notification signal is transmitted as one of a sub-address, a push button tone and user-to-user information.

3. A center comprising:

20 means for transmitting a download start control signal to a terminal; and

means for transmitting one of software and data to be downloaded to said terminal, to said terminal when receiving a state switching notification signal from said terminal.

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4. The center according to claim 3, wherein

each of said download start control signal and said state switching

notification signal is transmitted as one of a sub-address, a push button tone and user-to-user information.

5. A system for downloading one of software and data to a terminal,
5 comprising the terminal according to claim 1 and the center according to claim 3.

6. A system for downloading one of software and data to a terminal,
10 comprising the terminal according to claim 2 and the center according to claim 4.